CANADA'S

COMPLEX

ORGANISM

METRO LOOKS AT

THE MULTI-SIDED

SEAL DEBATE

PAGES 8 & 9

MOST

SHOPPERS DRUG MART

91

CHECK OUT OUR LATEST OFFER ON PAGE

\$50 MILLION

PLUS **AX**MILLIONS — **20** EXTRA

Suicides shine spotlight on the struggle

PM weighs in on recent deaths that have rocked Canadian military

of soldiers

Time capsule from the 1920s unearthed

Who left the time capsule beneath London's Glanworth Library? It remains a mystery...

Ford offered \$5K for video: **New document**

Police believe they overheard people on wire taps saying the Toronto mayor wanted thatvideo

Sewer superhero working to wipe out costly clogs

'Toilets are not garbage cans'. Most common cloqqers? Feminine hygiene products, dental floss, grease, so-called flushable wipes

SCOTT **TAYLOR**

He's our city's sewer czar, but Barry Orr is trying to carry a wasteful country on his back.

London's sewer compliance officer doesn't wear a badge as he patrols the city's underground as a brooding - if rather odorous — superhero, but he is trying to save us from ourselves one flush at a time.

And he has a catchphrase, as well: "Toilets are not garbage

OK, so it doesn't have the zing of "Up, up and away," but it does have much more mean-

People everywhere are getting into the habit of flushing all sorts of things down the toilet instead of simply using their garbage cans.

Orr, who's also the spokes-

Number of waste-water plants in Canada: 3,700

- Average amount each budgets annually for clogs suspected to have been caused by wipes: up to \$80,000
- Cost to some communities per clog: \$5,000

man for the Municipal Enforcement Sewer Use Group (MESUG), said feminine hygiene products, dental floss, grease and — the most plentiful and therefore the biggest menace of all - so-called flushable wipes are most common.

The popular alternative to toilet paper is billed as flushable, but that's about all it does go down the drain.

Once in the sewer system, wipes don't disintegrate like toilet paper. Instead, they come together to clog the system.

It's a \$250-million boondoggle nationally, though it's not yet known exactly how much it costs the London taxpayers.

"We're still working on the numbers," Orr said, "but it's very expensive and very costly

lem because we've actually had sewer lines plugged and raw sewage has flooded basements.

"It's all related to the nonflushable materials.'

It's such an immediate issue that MESUG has teamed for the first time with its American counterpart, the Water Environment Federation, to tackle the makers of wipes and to raise public awareness that what's labelled flushable may be doing much more harm

"People aren't aware of it, but it's a real big issue in London and it's the awareness that we need to get out there," he

And, yes, "London has its own fatbergs," he added, referring to the infamous 15-ton ball of congealed fat that was dredged out of a London, England, sewer last August.

As for the manufacturers, the ultimate hope is they'll clearly label their products as non-flushable. But Orr and others are willing to take what they can get at this point.

We are trying to get wording changed," he said. "We would rather see 'non-dispersible.' Toilet paper is dispersible, but some of these other products never break down."



Barry Orr, London's sewer compliance officer, holds a giant mass of material, primarily wipes that are supposed to be flushable, that had been clogging city sewage system pumps. THE CANADIAN PRESS

NEWS metronews.ca Thursday, December 5, 2013

Sign that it's almost time

Fanshawe College is oh so close to lighting up downtown with its new digital and performing arts centre. On Wednesday, the Howard W. Rundle Building saw the installation of new electronic signs that will flash the Fanshawe logo and other messages from above Dundas Street. The building is due to welcome students Jan. 6. MIKE DONACHIE/METRO

Court. Publication ban sought in case of London terrorism suspect

A London doctor at the centre of a terrorist investigation will know next month if his trial will be the subject of a blanket publication ban.

Dr. Khurram Syed Sher, a pathologist at St. Thomas Elgin General Hospital, was arrested in August 2010 along with two Ottawa men who were accused of being members of a homegrown terrorist

Executing search warrants in 2010, police claim to have seized terrorist literature, videos and dozens of electronic circuit boards allegedly designed to remotely detonate homemade bombs.

The Crown is seeking the publication ban because Sher is being tried separately from Misbahuddin Ahmed and Hiva Mohammed Alizadeh. Sher's lawyer, Giuseppe Cipriano, said he's not arguing for or against the ban.

Sher has chosen a trial by judge, scheduled for Feb. 10,

Khurram Syed Sher

A brief timeline:

- 2005: Graduated McGill University
- 2008: Appeared as a contestant on Canadian
- 2010: Hired as a pathologist at St. Thomas Elgin General Hospital
- 2010: Arrested and charged

while the other two men will plead their case in front of a jury at a later date.

It's believed the Crown is concerned that evidence and findings reported at Sher's trial could prejudice jury members deciding the fate of Ahmed and Alizadeh.

SCOTT TAYLOR/METRO

Transparency chief cannot be forced to reveal costs

Investigation.

Councillor unhappy after ombudsman ianores information request



DONACHIE

The latest twist in the tale of London's Billy T's scandal is an ironic one.

Coun. Stephen Orser is still determined to find out how much it cost to investigate him and his council colleagues, but nobody will tell him.

Here's the reason: Ontario Ombudsman André Marin, whose job is to ensure open and fair government across the province, isn't covered by freedom of information laws.

Orser made a formal request to the ombudsman for information about the Billy T's investigation costs but has received no reply.

He was then advised by city staff that Marin's office isn't covered by the legislation. An inquiry by Metro to the ombudsman Wednesday confirmed that. The Freedom of Information and

"Mister transparency and accountability, high and mighty, can't answer a simple question under Ontario law.... It's disgusting."

Coun. Stephen Orser

Protection of Privacy Act and the Municipal Freedom of Information and Protection of Privacy Act simply don't apply.

Unsurprisingly, left Orser hot under the collar.

"Mister transparency and accountability, high and mighty, can't answer a simple question under Ontario law," said Orser. "It's disgusting."

'It goes to the core of the problem. The office is good but the individual should be replaced.

"Now I've got to go through a whole lot of hur-

That's a reference to his appeal to the province's Information and Privacy Commission, which was filed Wednesday. Orser's still not giving up.

As for those investigation costs, the ombudsman's of-

The cause of it all

- Ontario Ombudsman André Marin ruled that six London city councillors met privately and illegally — with Mayor Joe Fontana at Billy T's Tap & Grill in east London in February.
- The councillors denied it strongly, saying they had arranged a series of meetings but happened to arrive at the . same time.
- The costs of Marin's long investigation are unknown.

fice said they're just not available.

"We are not able to provide costs relating to individual cases or investigations, as we do not break down expenditures in our office that way," said spokeswoman Linda Williamson.

She said the London investigation was paid for from the office's annual budget of about \$11.15 million.

Twitter @Mike_Donachie

Follow Mike Donachie on

Recent thefts

Jewelry thief wanted for string of robberies

Police are trying to identify a suspect in a string of recent jewelry thefts.

The suspect is believed to have hit three stores in London since September and numerous others across southwest Ontario.

Police say the suspect enters stores, asks to look at jewelry then runs out with the merchandise without paying.

Two robberies were reported Oct. 13 - one at Masonville Place mall and one at White Oaks. The other local incident was reported Sept. 17 at Masonville. The suspect is described as white, in his mid-30s, about six-feet tall and 200 pounds with a medium build. He has short brown hair.

Anyone with information is asked to call London police at (519) 661-5670 or Crime Stoppers at 800-222-8477.





A most mysterious message from the past

Historic insight.

Workers find unexpected time capsule under Glanworth Library



MIKE DONACHIE mike.donachie@met

A little tin box has caused a big stir in London's libraries. But what story does it tell? We don't know yet.

Nobody knew there was a time capsule under Glanworth Library, but when the building was moved as part of its ongoing renovations, there it was, lying in the dirt.

With dates from the 1920s on at least two items, it's likely the tiny treasure was placed there to mark the opening in 1923, but who did it? It's a mystery.

Investigations are under

way into all the items found, said London Public Library CEO Susanna Hubbard Krimmer

"We know some community members who would have been involved in the original creation of the library," she said. "We're not sure who was present at the opening. We're hoping that's what that small newspaper is about."

Library staff hope to mark the discovery with a special display. They're looking into conserving the items and finding copies of the newspapers. They might even buy a similar tin that's not so

Meanwhile, the renovation of Glanworth Library continues, using \$230,000 of money that was donated. The work is adding plumbing, a washroom and a ramp, while upgrading heating and cooling systems.

It's hoped that the work will be complete in January.

What was found

- Great care is being taken with the fragile items found in what looks like a tin for Christie's biscuits.
- There's a 1920 King George V penny, and two newspapers. One is a London paper, but it's too fragile to unwrap, even to see its name.
- The other is the St. Thomas Times-Journal, dated Sep. 28, 1923.
 Its front page reports on Turkey becoming a republic.
- Most fascinating is a tattered note, which has not been unwrapped.
 Just one word can be seen: "librarian."

Warm conditions pose little threat to Boler weekend: Resort

The mild weather stretch this week is only a small blip on a large radar for Boler Mountain, says a member of the ski resort's management team.

Greg Strauss said the plan all along was to open early last weekend, then close down during the week.

"So if there's going to be warm weather, now is the time to have it," he said.

Strauss said there's still plenty of snow on the runs and with temperatures expected to fall again by Friday there will be time to add some more artificial snow for the weekend.

"Some of the snow that fell is melting, but artificial snow lasts longer and we have great snow-making temperatures coming up," he said.

Last weekend was the earliest Boler has ever opened. Strauss said the weekend was a rousing success.

Soggy weather or not, folks at Boler Mountain say they will prevail.

Weather at a glance

- Thursday: High 10 C
- Friday: High 0 C
- Saturday: High -3 C
- Sunday: High -3 C

"It was fantastic," he said. There was lots of traffic, and

it was a great time to be skiing." scott taylor/metro

10 tips

Is your child on Facebook?

Worried about kids using Facebook, sexting, playing too many video games or leaving that ever-dreaded digital footprint?

The Thames Valley
District School Board has
just the workshop for you.
Two teachers who double as
experts on violence in the
media will lead a presentation about young people
and the cyber world from
6:30 to 8 p.m. Thursday at
the school board's education centre (1250 Dundas
St.). They're promising 10
tips to help adults guide
children in the appropriate
use of media.

METRO

Powerful women

Riddell living the GoodLife

The chief operations officer of London-based GoodLife Fitness has been named one of Canada's Most Powerful Women.

Jane Riddell was tapped as part of the Women's Executive Network's Top 100 awards list, honouring the professional achievements of women across the country.

Riddell has been with GoodLife for more than 30 years, joining the company when it had only one storefront. She's now secondin-command of what's become Canada's largest fitness company.

El Sistema Aeolian

Feliz Navidad from Aeolian Hall

The young musicians who comprise El Sistema Aeolian are tuned up for a big Christmas performance.

The orchestra is inviting the community to their December 12 holiday concert at Aeolian Hall (705 Dundas St.). Doors open at 5:30 p.m. The music starts at 6 p.m. Admission is free but

Admission is free but donations will be accepted at the door.

El Sistema Aeolian provides instruments and lessons to students who may otherwise not be able to participate in music programs.

METRO



metronews.ca
Thursday, December 5, 2013

Bills, bills: Seeing the forest within the city budget trees

Credit rating triple-A-

OK. Budget proposal highlights sound fiscal ground despite proposed tax hike



MIKE DONACHIE mike.donachie@metronews

All eyes were on the tax increase that's going to affect citizens, but Tuesday's city budget briefing told another story, too.

As the municipality's leading financial staff began the 2014 budget process, they outlined London's glowing record of financial management.

And, whatever the politicians may cut or keep, city treasurer Martin Hayward insists that public finances need a firm hand on the tiller.

"Look at our triple-A credit rating," Larry Palarchio, the

city's director of financial planning and policy, said Wednesday. "We've been triple-A for 37 years.

"We're keeping our financial house in order. We manage debt in a prudent way. We spend within our means."

Take, for example, financing routine capital maintenance projects. In 2006, 35 per cent of projects were paid for by borrowing. Currently, it's about 17.5 per cent.

Hayward told councillors the city is on target to borrow nothing for those projects within nine years, using a "pay-as-you-go" system of spending real money instead.

That's happening despite costs being kept down. The city was already making savings through cutting staff costs, improving efficiency and increasing fees.

But the task now is making sure it continues.

The city's facing big bills, especially the "infrastructure



gap," with road maintenance needs falling behind budgets.

ng staff needs falling behind budgets.
Already, the city would need to pay \$50.1 million to bring everything up to standard, but it's put off the problem.

MIKE DONACHIE/METRO

Even if councillors decide to force cuts on its boards and

commissions, and bring down the 3.1 per cent property tax rise that staff say is needed, there are costs not in the budget.

They include the Adelaide Street rail overpass, the proposed bus rapid-transit

network and replacing trees killed by the emerald ash borer.

The city may have been run well for years, but its future depends on councillors' budget debates between now and February.

Taxes at a glance

How London compares to Ontario municipalities with more than 100,000 residents:

- Residential property tax bills: Provincial average was \$3,378 a year. London comes in at \$3,080, making it 10th of 28 municipalities.
- Commercial property tax: Provincial average was \$3.39/square foot. London was the lowest at \$2.26.
- Industrial property tax: Provincial average was \$2.04/square foot. London was second-lowest at \$1.37.

SOURCE: BMA MUNICIPALITY
STUDY 2012











HOLIDAY GIVEAWAY EVER!

VISIT WHITE OAKS MALL EACH WEEK

BEGINNING NOVEMBER 15TH THROUGH DECEMBER 20TH

AND ENTER FOR YOUR CHANCE TO BE ONE OF TWO WEEKLY QAULIFIERS.

ONE ENTRY PER WEEK[†].

ON DECEMBER 23, 2013 TEN QUALIFIERS WILL HAVE A CHANCE TO WIN*
A FIAT 500, A TRIP TO LAS VEGAS, TWO ANNUAL MEMBERSHIPS FOR
THE CITY OF LONDON MUNICIPAL GOLF COURSES AND
A \$1000 WHITE OAKS MALL GIFT CARD.



'In order to be eligible to win the grand prize, you must follow these requirements and your entry must be received between Friday, November 15, 2013 and Friday, December 20, 2013:

1. You must fill in your name, mailing address with postal code, e-mail address and telephone number into the contest computer kiosk located at White Oaks Mall in the Bay Court or submit at White Oaks Mall a completed entry form during the contest period. All ballot entries are subject to verification and will be declared invalid if they are incomplete, altered or tampered with in any way.

2. You can submit only once during any one week and can enter multiple weeks up to a total of five (5) entries as per weeks listed below:

November 15, 2013 9:30 a.m. to November 22, 2013 9:30 p.m.

November 23, 2013 9:30 a.m. to November 29, 2013 9:30 p.m.

November 23, 2013 9:30 a.m. to November 29, 2013 9:30 p.m.

November 13, 2013 9:30 a.m. to December 06, 2013 9:30 p.m.

December 14, 2013 9:30 a.m. to December 120, 2013 9:30 p.m.

December 14, 2013 9:30 a.m. to December 13, 2013 9:30 p.m.

Each week during the contest period two (2) qualifiers will be selected for the final Grand Prize draw. A qualifier can only qualify once during the contest period. All qualifiers must be present on December 23, 2103 at White Oaks Mall to be declared a Grand Prize Winner.

* Visit WhiteOaksMall.ca for full contest rules.

Western leads with domestic violence study

Western University is undertaking a Canadian first with a national survey on the impact of domestic violence on workers and workplaces.

In partnership with the Canadian Labour Congress, it will work to help unions, employers, advocates and governments develop policy.

The survey is being launched Thursday at Western, with a parallel event to take place at the same time at Parliament Hill in Ottawa.

"There is very little Can-

How to participate

The survey is online at fluidsurveys.com/s/dvatwork and available in English and French until June 6.

adian data about the scope and impact of domestic violence on workers and workplaces, making it difficult for workers, unions, employers and governments to make evidence-informed policies and deliver effective services," says Nadine Wathen, a professor at Western's faculty of information and media studies.

"We do know that having a job helps women leave a violent relationship."

Any worker older than 15 is encouraged to complete the survey, whether or not they have personally seen or experienced domestic violence.

It is anonymous and takes 10 to 30 minutes to complete.

MIKE DONACHIE/METRO

Budweiser Gardens

Get your Passport to Adventure

Disney On Ice will return to Budweiser Gardens for eight shows between Jan. 30 and Feb. 2.

The team is touring with its Passport to Adventure show, taking people inside the worlds of well-known Disney stories such as The Lion King and Peter Pan.

Visit disneyonice.com or budweisergardens.com for details. METRO

ReForest London

Kids dish on treeless world

What would the world be like without trees?

A group of London kids were challenged to think about just that and express their vision artistically.

ReForest London spearheaded the project that tuned into the imaginations of nine children — ages four and five — and produced two giant paintings depicting their thoughts on a treeless world.

Along with the paintings, the children shared their views in video interviews. The video — originally unveiled at a gala as part of the Million Tree Challenge — also captures the reactions of environmental leaders. The Million Tree Challenge aims to see one million new trees planted in the city and registered through ReForest London.

You can watch the video and see some of the kids' artwork at reforestlondon.

metronews.ca
Thursday, December 5, 2013

NEWS
0



London's best buildings get recognized

Urban Design Awards. City packed with 'tremendous' examples of excellence

London's best new buildings have been scrutinized and measured, and the results are in.

The city's Urban Design Awards encourage the best in innovative and original thinking among architects and other experts.

"Tremendous" is the word city planner John Fleming has used to describe the submissions. The winners were announced Tuesday night.

"For the past five to 10 years we have been aspiring to raise the bar on urban design," said Fleming. "This year's Urban Design Awards

clearly demonstrate that it's now happening in London."

He continued: "In 2008 we received eight entries for an Urban Design Award, and in 2010 we received 13.

"This year, we had 26 entries, showing the development industry is really stepping up its game citywide.

"The quality of the submissions this year were tremendous, and I would compare them favourably to any city in Canada."

Among the big winners was the training centre created by the Carpenters Union Local 1946, which has a large glass atrium and was recognized by the judges for having "a strong visual presence."

Fleming added: "In recognizing excellence through the awards, we hope to inspire and encourage even more excellence to come for-

Winner

Buildings

- Carpenters Union Local 1946 Training Centre
- Goodwill Industries
- Residenza Italia

Small-scale residential

- Woodland Village "stacked townhomes"
- Ridout Village

Public spaces and landscapes

• Stoney Creek Community Centre

ward in the future." MIKE DONACHIE/METRO

New Ontario law would protect temp workers

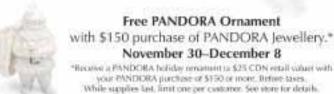
Ontario's labour ministry is backing legislation to protect workers who are often victims of wage theft and other workplace abuses.

Under the proposed legislation, companies that hire temporary agencies would be liable for unpaid wages, severance pay and other Employment Standards Act violations suffered by temporary agency workers.

If passed, Ontario would be the first province in Canada to enact so-called "joint and several liability" for temporary help agencies and their client ompanies

The labour law reforms are also expected to expand workers' ability to claim unpaid wages, ban recruitment fees for all migrant workers and extend workplace health and eafety protection for unpaid interns. Torstar news service







PANDÖRA" STORE WHITE OAKS MALL 519.601.1133

 $(1.0\,\mathrm{Mpc}\,\mathrm{Mpc}\,\mathrm{Mpc})$ and the state of the state

metronews.ca
Thursday, December 5, 2013

Police think Ford offered to buy video for \$5K and a car

Rob Ford saga. City council stripped him of most of his powers last month, but he said he'll run in the next municipal election

A newly released document says police believe they overheard people on wiretaps during a gang investigation saying Toronto Mayor Rob Ford offered them \$5,000 and a car in exchange for a video.

Toronto police were in the midst of Project Traveller, a widespread drugs and weapons investigation involving alleged gang members, when the mayor's name surfaced on wiretaps in March and April.

That was about two months before the Toronto Star and U.S. website Gawker first reported that alleged drug dealers were shopping around a video that appeared to show Ford smoking crack cocaine.

Information that police gathered from those wiretaps was in the remaining portions of a document filed in the drug case of Ford's friend Alexander Lisi.

The document, which contains allegations not proven in court, also says police heard on the wiretaps that Ford had his phone stolen or lost at a home they believe to be a crack house and that Lisi was trying to get it back.

was trying to get it back.
Police allege they overheard that Lisi threatened to



"put the heat on" the gang if he didn't get Ford's phone back and that the alleged gang members said they will not tolerate Lisi's threats because they had a picture of Ford "on a pipe," which police believed meant a crack pipe.

In a conversation police heard on March 27, they allege they heard two men talking about plans to sell a tape and quoting Ford as saying "I'll give you five thousand and a car." Mohamed Siad, who police believe was trying to sell a video of Ford appearing to smoke crack cocaine, said during the conversation that he would meet with him and ask for "150," which police believed meant \$150,000, the document says.

The other man warned Siad that wouldn't be wise, as he would be putting himself in jeopardy, the document says.

Portions of the police document that were previ-

ously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The police investigation was launched to probe allegations that a video showed the mayor smoking crack cocaine. Ford denied the media reports about the video for about five months, then admitted he had smoked crack, likely in a "drunken stupor."

THE CANADIAN PRESS

Homicide

Crack video a motive for man's murder, police told

Court documents unsealed Wednesday point to two rumoured motives for the murder of alleged gang member Anthony Smith: a retaliation over a robbery or, as Rob Ford's staff told police, the infamous crack cocaine video.

Sections of the new document detail how Ford's former chief of staff Mark Towhey and former "logistics director" David Price spoke with the police about how an anonymous tipster gave Price information about the video and Smith.

According to the documents, Price told Towhey, Doug Ford and later the police about two anonymous calls he received on May 17, the day after the crack video reports broke.

After Towhey contacted the police with Price's story, Price was interviewed. He told police on the morning of May 17, he got a call from a unknown number offering him information on "the drug dealers who had (the) tape" and gave the nickname and phone number Mohamed Siad (since identified by police as one of the people trying to sell the tape)

and his friend, Mohamed Farah. In a second call that afternoon, Price was told the dealers who have the video could be found at unit 1703, 320 Dixon Rd.

As a result of the call, Price told Towhey, and later the police, the video was the motive for Smith's murder, the document states.

However, the police had a different theory about the murder, via the wiretaps being run in the Project Traveller gang investigation.

At the Loki Lounge on March 28, just before he was shot, Smith texted Liban Siyad to say he saw Saaid Mohiadin at the club and planned to assault him, the document says.

Siyad replied, "Okay halal meat," which police believe means "dead meat" or "kill him." In minutes, an altercation ensued, and Smith and Mohamed Khattak were shot. Smith died in hospital.

"The motive for the murder was also detailed during interceptions, and revealed the murder may have been retaliation for Smith and his associates robbing Mohiadin aka 'Post' last November," police wrote.

In the document, police noted that the motive for murder Price gave them is "believed to be incorrect" based on the robbery motive they heard on the wiretaps. **ESSICA SMITH CROSS/METRO IN TORONTO**

Participants needed for a Blood Pressure study!



Participants are compensated

up to \$250.00

Join a clinical research trial to evaluate the effectiveness of an investigational dietary supplement for mild and moderate hypertension.

Call now to see if you qualify!

Contact KGK Synergize Clinic: 519-858-8359

clinic@kgksynergize.com www.kgkclinic.com



Guilty woman talks at inquest

A woman who so severely neglected and starved her grandson that he wasted away and died portrayed herself in testimony Wednesday at a coroner's inquest as the boy's only hope, lest he be shipped off to foster care.

Jeffrey Baldwin died in 2002 at age five, having withered away to the weight of a baby and being unable to lift his own head. His grandmother, Elva Bottineau, kept the boy and one of his sisters in a cold, fetid room, where they slept

among their own waste, the inquest has heard.

The children's parents were barely out of childhood themselves when they had four kids in quick succession, and nearly as swiftly the kids were taken away by children's aid and handed over to the grandparents.

Both Bottineau and her partner, Norman Kidman, who are now serving life sentences for Jeffrey's second-degree murder, had previous convictions for child abuse when they were granted custody of Jeffrey and three siblings — something the Catholic Children's Aid Society only discovered in its files after the boy's death.

Bottineau was having a hard time with Jeffrey, she said, describing him as having a "slow learning ability."

Bottineau spent much of her testimony disparaging her daughter's parenting skills. She didn't want the kids to go into foster care, she said, so she had to look after them. THE CANADIAN PRESS



Jeffrey Baldwin. courtesy office of the chief coroner for ontario/the metronews.ca
Thursday, December 5, 2013

NEWS
07

PM speaks on spate of suicides

Fourth soldier takes his life. Recent rash of deaths puts national attention on the struggles of soldiers

Prime Minister Stephen Harper has weighed in on the spate of apparent soldier suicides that have rocked the Canadian Forces in recent days.

Harper says everyone should encourage veterans in need to reach out to the support and systems that are there to help.

The prime minister's comments came hours after the Defence Department confirmed the military police at Canadian Forces Base Valcartier in Quebec are investigating the death Tuesday of Master Cpl. Sylvain Lelievre, from the 3rd battalion of the Royal 22nd Regiment.

Lelievre is the fourth soldier believed to have committed suicide since last week.

Lelievre joined the Canadian Forces in June 1985 and was deployed to Bosnia between 2001 and 2002, and again in 2004. He also served in Kandahar from 2010 to 2011.

"As the death took place on the base, it is now under military police investigation. As such, it is inappropriate for us

Condolences

"The loss of any soldier is devastating to the military community and our condolences go out to his family and friends."

Capt. Denny Brown, Army Public Affairs

to comment on the investiga-

The escalating struggle of soldiers has been resonating across the country since word of the suicides began emerging.

The deaths include a senior non-commissioned officer at Canadian Forces Base Petawawa, northwest of Ottawa, as well as two other soldiers in Western Canada.

Veterans advocates say the number of apparent suicides within the military in recent days may only hint at the magnitude of the problem. For every death by suicide, they warn, as many as a dozen others may have unsuccessfully sought the same fate.

Veterans ombudsman Guy Parent said spouses of veterans suffering from post-traumatic stress disorder need to know how to spot the warning signs. He also says greater financial stability is needed for veterans. THE CANADIAN PRESS



Engineer says he went into a 'daze' before deadly derailment

A Metro-North Railroad commuter train pulls into the Spuyten-Duyvil station in the Bronx. The station reopened Wednesday, three days after a nearby derailment killed four people. The engineer of the speeding commuter train that ran off the rails along a curve experienced a hypnotic-like "daze" and nodded at the controls before he suddenly realized something was wrong and hit the brakes, a lawyer said. JIM FITZGERALD/THE ASSOCIATED PRESS

Justice system. Vet says jail ill-equipped for PTSD

A British war veteran recently held in the same Alberta jail where a Canadian soldier killed himself says the justice system doesn't properly deal with people who have post-traumatic stress disorder.

John Collins, diagnosed with PTSD about six years ago, was arrested last month at his home in Lethbridge on various charges, including assault. He has since been released on bail.

Last week he learned about the suicide of the artillery soldier, identified by friends as Travis Halmrast, at the same Lethbridge Correctional Centre. Collins didn't know Halm-

rast, but has strong feelings about the case. "He shouldn't have been

He shouldn't have been there," he said. "From the moment they found out he was ex-military, alarm bells should have been ringing."

Lethbridge police wouldn't talk specifically about the case, but said officers have training to deal with people with mental health issues, including PTSD. THE CANADIAN PRESS

Prison couple. Court dismisses inmates' case

A judge has dismissed an application by two inmates at a Saskatchewan prison who are in a relationship and want to live together.

Jean Richer and Leslie Sinobert argued the Correctional Service of Canada is violating their rights.

The two men told court they are in a "long-standing" relationship and want to live in the same house in the minimum-security annex at the federal Saskatchewan Penitentiary in Prince Albert.

Court heard they are serving life or indeterminate sentences, and were transferred from medium-security to a minimum facility in the spring. They were then assigned to live in different housing units.

Prison officials denied a request by the couple that they be allowed to live under the same roof.

Justice Mona Dovell ruled she has no jurisdiction to determine if a prison's administrative decision is unreasonable.

THE CANADIAN PRESS



metr⊕

'IT'S AN INSULT': **SEALERS**

Made in Newfoundland.

Sealers defend hunt in wake of WTO decision to uphold EU trade ban



"Here you are trying to manoeuvre through the ice — you got to watch those big ice pans — and a big swell in the water ... the boat was moving back and forth ... you got to watch how you're getting through because they can throw together and put a hole right on through the boat, really — it has happened — and then you're trying to get a shot at the seal at the same time and with this buzzing over you."

Keith Bath, 67, first encountered "this buzzing" of an animal-rights helicopter during last year's seal hunt off the coast of St. Anthony, N.L.

Bath, who now lives in La Scie, N.L., has been sealing for

Last year's catch "amounted to close to \$300,000," Bath estimates. Each of his seven crew members receive nine per cent



Seal hunters drag a dead seal to their boat in the Gulf of Saint Lawrence in this 2008 photo. JOE RAEDLE/GETTY IMAGES FILE

of the cut. Fuel, his biggest cost, runs around \$20,000. After expenses, the seal hunt represented 40 per cent of his annual income for 2013, he says.

His boat landed some 7,600 seals in two weeks, the majority of which were beater seals, roughly 25 days old. Hunting younger seals, or whitecoats, has been banned since 1987.

In the vast majority of those 7,600 deaths, Bath says he used a .222-, .223-, .22250- or .243-calibre rifle with a scope. Bullets cost just over a dollar each, he says.

"Not many seals are killed

with a hakapik (club) from a longliner (65-footer)," he says of his vessel, which tows a speedboat used by the rest of his crew to collect the seals from the ice. "Good sealers like we are you know, most everyone try to make sure that they got a good shot and a head shot ... and if we sees that it's crippled, we just gives it another bullet."

Bath is one of 4,000 fishermen in Newfoundland and Labrador certified by the Professional Fish Harvesters Certification Board, which trains sealers in the humane killing of the animals, the regulatory process and proper handling procedures.

That certification, coupled with monitoring monitoring by the Department of Fisheries and Oceans, ensures a humane hunt, according to Frank Pinhorn, executive director of the Canadian Sealers Association.

Pinhorn balked at the World Trade Organization's recent decision to uphold the European Union ban on Canadian seal products based on the necessity to protect public morals.

"The decibased sion, on ethics and morality, is an insult to all our sealers," Pinhorn says, adding reason sealers are targeted by animal-rights

groups is "because it's an easy thing to do. They just lucked into the imagery of red, intense blood on pure, white ice.

"They'll lie, they'll cheat, they'll use deceit — because the people making these decisions (at WTO and EU) know absolutely nothing about what it

to live in Mary's Harbour, or St. Anthony, or Twil-

world to make sure that it's done as clean as we can do it." Bath says.

"You can make a mistake, anyone can make a mistake. But 90 per cent, I'd say, of (those who) goes out there try to do it as good as they can, have as clean a go as possible.'

lingate, and earn a living from the ocean." Beyond that, the regulations are heavily enforced, he says. All boats are subject to inspection. Bath says in 2012 one such DFO officer observed his "I try everything in the



"It's the perfect bourgeois cause, because for the people who (oppose it). in Europe or downtown Toronto, it doesn't affect their own lives at all, not even in the slightest. If they were to get excited about global warming or something, they might have to question how they

impact on the environment. But they don't have to do that with the seal hunt; they can blame it all on those nasty Newfoundlanders ... And it has great visuals.'

Lars Osberg, professor of economics at Dalhousie University, on how the EU seal ban will affect a small part of the population significantly while hardly putting a dent in the region's economy

Protecting 'public morals'

WTO ruling based on fact

The World Trade Organization decision last week to uphold the European ban on Canadian seal products as "necessary to protect public morals" marked a breakthrough in animalwelfare cases, according to a professor of international law.

Robert Howse, who teaches at New York University, says this is because the WTO panel based its decision on factual findings versus legal findings. They differ in one key respect: A legal finding can be appealed to the appellate body — a factual finding cannot.

"What Canada did claim was that concern about the seal hunt was, on the facts, not a matter of public morality, but the emotional, eccentric opinions of one section of the European public," Howse said.

"(But) the EU presented evidence that is compelling: That you can't have a humane seal hunt in Canada, and the reason you can't is that the conditions under which the hunt occurs are such that it's really not possible to ensure and monitor that humane hunting techniques are being used.

"In other situations of animal welfare (such as slaughterhouses), it would usually be possible to address moral concerns without a ban, by merely requiring that standards of humane treatment be monitored

The WTO also ruled, however, the ban does not apply to Inuit or indigenous communities, "because an advantage granted by the European Union to seal products originating in Greenland (specifically, its Inuit population) is not accorded immediately and unconditionally to the like products originating in Canada."

The Canadian government said it would appeal the ban. "Of course the Canadian government is going to appeal," says Howse, "but the fact is that they're not going to win anything of value.

metronews.ca Thursday, December 5, 2013 **NEWS**

2.8M

According to the Department

of Fisheries and Oceans, roughly

89.000 seals were landed in New-

foundland and Labrador alone for a

\$590M

The provincial fishery's total catch was

nearly \$590 million, according to the

Department of Fisheries and Oceans

The International Fund for Animal

Welfare spent \$1.8 million on its seal

campaign in 2012. The IFAW raised \$2.4

million total that year, but noted it does

non-restrictive fundraising, which means

donors gave the money to the IFAW and

the organization allocated the funds

specifically toward the seal campaign.

EU ban a win for animal rights groups

She says she went to obhumane killings.

"It's allowable to hook a seal in the face," said Fink, seal campaign director for the International Fund for Animal Welfare (IFAW). "An animal is allowed to be hooked in the face by the gaffe and dragged to the boat.

The decision last week by the panel of the World Trade Organization was a victory for IFAW and other animalrights groups.

European Union is now part of 34 countries that ban Canadian seal products, including the U.S. (1972), Russia (2011) and most recently Taiwan (2013).

IFAW and other non-governmental organizations like the International Humane Society submitted an Amicus Brief with their own research and findings referred to by the European Commission in its defence of the seal ban. IFAW was also consulted by the EU as a stakeholder alongside the sealing industry to develop and implement the regulations of the EU ban on seal products, which came into force Aug. 20, 2010.



for the International Fund for imal Welfare. contributed

are OK," Fink said of the WTO's ruling, adding it's another indication the world does not want seal products.

Haven't organizations like the IFAW created a negative view of seal products?

"It's very easy to blame the NGOs and say that we've brainwashed everyone and I only wish we were that powerful, that we've brainwashed the WTO, and the Russian Federation, and Taiwan. I kind of wish that were true," she said, laughing.

"I think the reality is people just don't want seal products; this just isn't a product that is wanted or needed in the 21st century, just like we don't do commercial whaling anymore. I think the time has come where commercial sealing is going to be disappearing.

The commercial seal hunt's main purpose is to extract oil, large quantities of which are shipped to Britain for fuel for lamps, as a lubricant, as cooking oil, in processing leather and jute, and as a constituent in soap.

The crew of the hunting vessel Newfoundland is caught on the ice for two days in a snowstorm. Seventy-eight men freeze to death on the ice, while 55 survivors lose limbs.

In 1983, the European **Economic Community** bans the importation of whitecoats (unweaned harps) and bluebacks (young hooded). In 1987, the federal government prohibits the commercial harvest of whitecoats and bluebacks, and hunting from large vessels.

2009 - Present

In 2009, the European Union bans the import of Canadian seal products. In 2011, the Russian Federation bans the import of seal products. In 2013, Taiwan follows suit. SOURCE: DFO

Department of Fisheries and Oceans says officers are looking most closely at the '3-step process' recommended by the Independent Veterinarians Working Group (IVWG).

- The amendment involves: a) striking (with approved firearm or hakapik) b) checking (that both halves of the cranium are crushed), and c) bleeding (before waiting a minute to skin the animal).
- DFO says the seal hunt can be properly regulated because the seals — and therefore the sealers — are often concentrated in the same areas: in the Gulf around the Magdelan Islands and in the Front east of the northern peninsula.
- DFO monitoring is done by fixed-wing aircraft, helicopter, boat and deployment of officers to each sealing vessel.

Sheryl Fink has observed the seal hunt for 11 years, both in the Gulf of St. Lawrence and off the eastern coast of Newfoundland, known as the

serve "the cruelty, the in-

The 27-member state

This is significant in that it's just another international body that's looked at the seal hunt ... and they said seal bans

A harp seal.

IOE RAEDLE/GETTY-IMAGES FILE

Dr. Pierre-Yves Daoust is a professor of Anatomic Pathology and Wildlife Pathology at the University of Prince Edward Island. "From an animal welfare perspective, these animals (should) be killed as quickly as possible — realizing that it is a hunt and therefore it's not necessarily successful 100 per cent of the time, just like the slaughtering of domestic animals in slaughterhouses is not effective 100 per cent of the time," said Daoust. "We insisted at the WTO hearing we go back to the EFSA (European Food Safety Authority) report and see what they said, and there is no evidence there that the seal hunt is any worse than other forms of the exploitation of animals. The problem is because of the nature of the hunt because of the nature of any hunt — it's very difficult to have robust, statistically valid observation of the whole hunt, which takes into account the weather, the types of boats, the education of individual sealers and coming up with a figure that says, X per cent of the animals are not killed properly."

Like issues of economic viability and morality, the science around the Canadian seal hunt is divided. Metro interviewed experts in veterinary medicine and animal welfare about the key issue surrounding the hunt: Are seals killed in a humane manner? Both testified at the WTO hearings:

Dr. Donald Broom is a professor of Animal Welfare at the Department of Veterinary Medicine at Cambridge University, whose research includes assessing animal welfare, including pain. "I have seen that some statements by animal protection societies overemphasize the negative aspects of sealing and some statements by sealers over-emphasize the quality of their methods," said Broom. "Seals are complex animals with a pain system similar to ours, so an injury for some minutes or hours is a major welfare problém in seals. Almost all farm animals in slaughtérhouses are

handled without fear being caused to them. The stunning procedure in a slaughterhouse usually causes no pain and the animal dies without recovering consciousness. It is rare for the electrical procedure or captive-bolt gun application not to work, but if it does, a second stun occurs within a few seconds. I think that it is correct that many seals shot with a rifle die without suffering. However, the number that are not killed, or rendered

unconscious with the initial shot or shots, and hence which do suffer, is high."

metronews.ca
Thursday, December 5, 2013

Looters, robbers run riot as police strike for more pay

Cordoba, Argentina.

Hospital authorities reported one shooting death and more than 100 injuries, mostly from shattered glass

A wave of looting and robberies spread across Argentina's second largest city Tuesday night and continued Wednesday.

Opportunists took advantage of a police strike for higher pay which the provincial governor says was triggered by his closure of brothels that provided a money stream to corrupt officers.

The violence in Cordoba began with storefronts being shattered, mobs stealing mer-



A man is detained by police amid spent shell casings outside a super market that was being looted in Cordoba, Argentina, Wednesday.

MARIO SAR/THE ASSOCIATED PRESS

chandise, robbers attacking people in the streets and vigilantes arming themselves to protect their homes. Supermarkets and a mobile television van recording the violence were attacked, even as officers and provincial authorities began negotiations to end the strike.

Gov. Jose Manuel de la Sota said 56 people have been arrested.

He said he's offered police a 52-per cent pay increase, including bonuses for street work or extra duty, for a total of 12,600 pesos a month, which he called "the best salary for police in Argentina," according to Cordoba's Voz del Interior newspaper. That represents about \$2,175 monthly at official exchange rate, or about \$1,440 at the black market rate many Argentines consider as a more reliable measure of their money's value.

De la Sota described the strike as a police response to his decision to close 140 brothels that provide income to corrupt officers.

National Security Chief Sergio Berni said 2,000 border police are being deployed in Cordoba to help restore peace. THE ASSOCIATED PRESS



Johns targeted in French anti-prostitution legislation

Protesters who support abolition of prostitution rally outside the French National Assembly in Paris Wednesday as parliament voted 268-138 to pass a bill that would decriminalize solicitation and impose on clients fines of 1,500 euros (about \$2,175). The bill now goes to the French senate. Prostitution is currently legal in France, but soliciting and pimping are prohibited. FRANCOIS MORI/THE ASSOCIATED PRESS

Radioactive material

Deadly cobalt-60 found abandoned near stolen truck

A missing shipment of radioactive cobalt-60 was found Wednesday near where the stolen truck transporting the material was abandoned in central Mexico state, the country's nuclear safety director said.

The highly radioactive material was found in an empty lot about a kilometre from Hueypoxtla, an agricultural town of about 4,000 people, but it poses no threat or a need for an evacuation, said Juan Eibenschutz.

The cargo truck hauling cobalt-60 that had been used in medical equipment was stolen from a gas station early Tuesday, and authorities had put out an alert in six central states and the capital looking for it.

Eibenschutz said direct exposure to cobalt-60 could result in death within a few minutes. THE ASSOCIATED PRESS



You logged over 2 million minutes of Physical Activity in October in the first annual *in motion*™ Community Challenge!

In motion™ would like to thank everyone who participated in the Challenge to raise awareness about physical inactivity. Your support helped make this initiative a huge success!

We would also like to thank the many businesses and organizations who helped support the Challenge this year, including: Arcane, the Canadian Centre for Activity and Aging, The Child and Youth Network, The City of London, Covent Garden Market, CTV London, Fanshawe College, Healthy Weights Connection, Horton Street Senior Centre, London Block Parents, London Community Foundation, London District Catholic School Board, the London Public Library, Middlesex-London Health Unit, Stepping Out Safely, Thames Regional Ecological Association, Thames Valley District School Board, Thames Valley Trail Association, and Western University.

Thank you! See you next year!



MIDDLESEX - LONDON

Building Canada's Healthiest Community

www.inmotion4life.ca



metronews.ca Thursday, December 5, 2013 **BUSINESS** 11



Companies are starting to take note of consumer concerns over potentially harmful ingredients in a range of beauty

Beauty industry doing an about-face

Power of the people.

Companies are starting to remove possibly harmful ingredients from products after pressure from customers

environmental group says cosmetics companies are starting to listen to consumer worries over potentially harmful ingredients in their products.

Toronto-based Environmental Defence says public pressure is beginning to exert influence on the ingredients companies use in everything from shampoo and moisturizers to toothpaste and deodorant.

THE CANADIAN PRESS

Recently, mega-companies such as Procter & Gamble, Johnson & Johnson and Walmart have committed to eliminating or reducing worrisome chemicals in a range of beauty products.

England. Care for a tent and a spot of tea after getting blotto at the pub?

With the festive season approaching, the scourge of drunk drivers returns. But one pub in Worcestershire, central England, has an innovative solution: installing a campsite in the garden for those too intoxicated to drive home. The Drum and Monkey's Paul Miller took our questions.

How did you come up with this?

We heard about a pub in the area that had apartments for customers to use if they needed. There was nothing like that here so we contacted a tent company and they were happy to sponsor the idea.

Did you have a problem with unruly drunks refusing to leave?

It's not about drunks, more for people who have had just too many drinks to drive, and it's just for December. The police have told us it's a fantastic idea.



What do your neighbours

I don't know, but it can't be a bad thing to have free camping facilities. We have not heard any concerns: This is a country pub and we don't have many kids making trouble.

What kind of luxury can I expect if I sleep there?

A mug of tea at breakfast. Maybe a sandwich. On New Year's Eve we have organized free transport for anyone who wants it. METRO WORLD NEWS

Germany

Two arrested in Bitcoin scheme

German police say they have arrested two people and seized illegally generated bitcoins worth more than 700,000 euros (\$950,000 US) in an investigation of computer fraud.

Police say the perpetrators used the processing power of the hacked computers to generate bitcoins, a cryptography-based digital currency.

THE ASSOCIATED PRESS

Market Minute









Natural gas: \$3.96 US (-2¢)

Get DOUBLE the data and minutes for a limited time!

Plus, get up to a \$100 bonus gift² on select smartphones!



Samsung Galaxy S III™

Bonus gift offer ends December 31, 2013.

Koodo







BLACK * FUTURE SHOP Walmart > <

KOOdO

Bramalea City Centre Burlington Mall Cambridge Centre Centerpoint Mall Cloverdale Mall Conestoga Mall Devonshire Mall Dixie Outlet Mall Downtown Chatham Centre

Eastgate Square Erin Mills Town Centre Fairview Mall Fairview Park Mall Georgian Mall Heritage Place Hillcrest Mall Intercity Shopping Centre Lambton Mall Lansdowne Place Lime Ridge Mall Lynden Park Mall Mapleview Shopping Centre Markville Shopping Centre Masonville Place Milton Mall New Sudbury Centre Northgate Shopping Centre Oakville Place

Oshawa Centre Pen Centre Pickering Town Centre The Promenade Scarborough Town Centre Seaway Mall Sheppard Centre Sheridan Centre Sherway Gardens Square One

Stone Road Mall Tecumseh Mall Toronto Eaton Centre Upper Canada Mall Vaughan Mills White Oaks Mall Woodbine Centre Yorkdale Mall

(1) See store for details. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last

metr⊕ **VOICES** metronews.ca Thursday, December 5, 2013

FASTER THAN YOU CAN SAY 'SHOPPING'

cient when it happens.

ping time arrives.

have a plan. If I write "Buy my brother a

ing lot," it makes it that much more effi-

Blu-Ray he already owns" or "Break a nice

ornament for Mom before I leave the park-

It also helps if you make a point of set-

2) Make room for yourself. Depending

ting aside 4:45 to 5 p.m. on Christmas Eve,

on the mood at the mall, being jammed in-

terrifying as Night of the Living Dead or as

tedious as The Walking Dead. And thanks

to terrorism in recent decades, it's no long-

er appropriate to yell "Bomb!" in a crowded

to a sea of zombie-like shoppers can be as

so that you're not panicking when shop-

I've always believed in Santa Claus, because the speed at which he delivers gifts is no faster than the speed at which I buy them.

I shop at a speed that renders me blurry to onlookers.

If there were commandos descending into a mall via zip lines and they saw me entering the store, the first words they would say when their boots touched the ground would be, "Hey, where'd he go?"

Christmas shopping is a necessary Eveill, but I treat the mall like it's radioactive and I've left my radiation suit at home. Think of Superman cleaning up his apartment after Lois unexpectedly rings the doorbell - scrubbing his Supershower and hiding his Superporn in a blue-red blur of anxiety.

If you find yourself spending untold minutes at the mall, here are a few pointers I follow to make sure my strategic incursion into the commercial side of the holidays isn't much longer than a holiday commercial.

1) The first step to make Christmas shopping fly by is to



John Mazerolle metronews.ca

area.

Instead, start your day off with a hearty breakfast of garlic bulbs, baked beans and whole onions and watch those shoppers disperse like they're pepper and you're a bar of soap

Not willing to wait in a long line? In New Brunswick,

Saskatchewan or other rural areas, a seasonal cry of, "That store wrote 'Xmas' on their sign! Why do they hate the baby Jesus?" is usually enough for the line to leave in a mob (careful of the torches and pitchforks).

In Toronto, Vancouver or other metropolitan areas, try, "My word, is that a Discount Divorce, Yoga and Kale Sal-Watch for latte splashback as they depart.

3) Don't forget that the gifts you choose can help speed up the process. For instance, if your kids aren't worth it, just buy batteries that will help power the toys bought by other relatives.

Or, if you believe in the true spirit of Christmas, why not take the money you would have spent on gifts and spend it on the world's many charities? What child wouldn't be touched to hear that you skipped out on the PlayStation so you could put \$500 in the Salvation Army pot? What spouse could argue about vacations when you've spent all the Christmas savings on refugees?

Your whole family will be moved to tears, I guarantee. This also might be another good time to put the Superman/Santa speed to good use.

You'll believe a man can fly.

ZOOM

Renovation turns things around



House is flipped topsy-turvy

A British artist has given the figure of speech 'to turn a place upside down' a literal side by making a building topsy-turvy. Alex Chinneck, from London, England, has created an upside-down façade to a derelict building in the centre of the city. The site where the artwork stands dates from 1780 and had been slated for demolition. METRO

Artist's bizarro world

"I enjoy tapping into people's love for the simple pleasures in life, like magic and illusion. There is more to life than survival — there is culture that is uplifting and pleasurable."

Alex Chinneck, artist



Comments

RE: Woman Fights Ticket For Driving With Google Glass, published Dec. 3

'Suspicion' of speeding? And after the car was stopped? Are all police, dolts? Sounds to me more like the cop didn't actually have a reason to pull her over in the first place. Having a means of distraction nearby does not mean she was distracted. jeff200 posted to metronews.ca

How about 'suspicion of being stupid'? Why are drivers going out of their way to find new ways of being distracted?

CCToronto posted to metronews.ca

How about ... the report is probably incorrect in stating 'suspicion of speeding'? She was likely caught for speeding; period. Police won't write a ticket for 'suspicion of speeding' lol! Preposterous.

Koree Em posted to metronews.ca

VE WANT TO HEAR FROM YOU: end us your comments: londonletters@metronews.ca



STUART C. WILSON/GETTY IMAGES

Clickbait



If you think Instagram is just a den of food snapshots and "narcissistic" selfies, you're doing it wrong. Here are some users to follow for a glimpse of the photosharing site's creative side.



and possessed of more pathos than

@andrewknapp: If you ever wished Waldo, of Where's Waldo fame, was a dog, then Andrew

Momo hiding in the wilds of northern Ontario. How quickly can you spot him? (Hint: Look for the red bandana.)

Knapp's account is for you. Knapp

takes pictures of his border collie

you might expect.

@rachelrvle: The recent introduction of video has

allowed Rachel Ryle to bring her brand of stop-motion animation to Instagram. Be careful, Ryle's quirky, simple videos can be addictive.

@payphones:

Dan Marker-Moore's account docu-ments the dying days of the public payphone. The concept is simple, but



k

The graphic story of punk music in the Forest City

New book. It was 1977, and London was going to get a shake-up



BACKSTAGE PASS Mila Petkovic london@metronews.ca

London desperately needed to throw a punch.

"It was so ultraconservative that anybody that had any kind of life in them were sick of it and just wanted to let loose. People were bouncing off the walls looking for something to do," says Brian Lambert, 36 years after the birth of London's punk culture.

Lambert's book, Graphic Underground: London 1977-1990, documents the fascinating history of the punk scene in London through its rare unpublished photos, posters, zines and personal accounts.

The book launch happens Saturday at APK.

"I didn't care what the music was. I'd never heard of punk at that point. It was just the energy, when you played in front of the crowds, at the Blue Boot and that—it was like a drug," remembers Lambert, bass player of former punk bands The Enemas and Nach Dem Tode.

"You could get the dance floor hopping in front of you and it was such a rush," says Lambert, now the art collections manager at McIntosh Gallery

"I knew most of the people



from the early part of the scene so I just started making calls saying I was looking for posters and zines.

"We put out requests on Facebook too, and we collected over 1,000 pieces."

Although slightly behind New York, the London scene took off pretty much at the same time as Toronto, partially because of our ties to British music, says Lambert, now 57.

The Demics, once a London staple, was one of the first Canadian punk bands to make a record. They recorded Talk's Cheap in 1979 with students

from Fanshawe College's music industry arts program.

Other local bands like Uranus, Napalm Babys, Sheep Look Up, Bits of Food and The Black Donnellys played at venues like the Blue Boot (later called the Cedar Lounge), the York Hotel (now

Around town

- Eye Level. A collection of black and white portraits by Beal Art students. At the Arts Project until Dec. 14.
- Tunes. Planet Smashers, Mustard Plug, the Fundamentals play Call the Office (216 York St.) on Friday. Doors open at 9 p.m. Tickets are \$15.

Call the Office) and Forest City Gallery

Poster production reflected the same rebellious do-it-yourself spirit of the music. Bands used scissors and glue to collage posters for their shows.

Self-expression and the immediacy of an idea were more important than meeting technical criteria.

"It was cheap to photocopy, and the first time you could do any kind of graphics without paying for photography and making plates," says Lambert.

In the late 1970s, pressman Mike Neiderman was an important part of zine culture in the city. He would get to work early and stay late to secretly photocopy hundreds of pages of artwork for himself and friends.

Lambert's one-of-a-kind book launches Saturday with DJs Lucky Pete and WWDave spinning period music on vintage vinyl.

The event runs from 2 to 7 p.m. at APK.





metronews.ca
Thursday, December 5, 2013

New Girl creator shares her voice with Metro

Staying funny. Liz Meriwether has a lot to juggle in her job but awards don't lie, she's doing great

ALEX KHATCHADOURIAN Metro World News in New York Even with three seasons, five Emmy nominations and millions of viewers tuning in to New Girl every Tuesday, show producer/writer Liz Meriwether says her job hasn't gotten any easier. In fact, if anything, it's only gotten more challenging.

Besides performing the difficult and never-ending dance of keeping hundreds of people happy — co-showrunners and writers, the studio, the network — Meriwether also works tire-lessly to make sure the voice of New Girl remains her own.

Can you tell us about the episode where Coach and Cece go on a date? How did you decide to go in that direction with those characters? Well, this is something that obviously causes a fair amount of stress for Schmidt. We thought it was sort of interesting to have this new character come in and not really understand the back story between her and Schmidt, just swoop in and take her out on a date. But, I'm not sure if the Cece-Coach relationship is going to go

forward; it might have just been this one date. I think that Cece just wants to get back out there and go out on a date with a really hot guy. I think that's what's going on in her head. It was really fun to shoot them together — they have a really great chemistry. Plus they are both just gorgeous, you know, it's fun to just watch them onscreen.

How long will Damon Wayans Jr. be on the series?

Damon is with us for the rest of the year, which is really exciting. We are so happy to have him back. He just fits in perfectly.

So we know Damon is signed on till the end of the year, but more importantly, what about Ferguson [the cat]?

Well it's fumny, because in the next episode there is this date between Cece and Ferguson and it goes really well. I'm kidding, I don't know; I don't have an ending for Ferguson right now. He is the cutest thing. We all kind of fell in love with him and we actually have to hold ourselves back from writing him into so many episodes because we don't want any Ferguson fatigue. I love Winston's

relationship with him. There is sort of an important plot development where Winston realizes he needs to take a step back from Ferguson because their relationship maybe has gotten a little too intense.

Well the storyline says he goes missing.

Yeah, he goes missing and that kind of leaves Winston to blame and makes him take a step back from Ferguson. Nick thinks that Winston has taken himself out of the game with women because he's gotten too into the cat. Nick just wants to help him.

You guys are going to have a Super Bowl episode. Have you thought about any storylines vet?

I'm definitely a little nervous about it because it's such as big audience, but in a good way. The story is going to be mostly about Ferguson. [laughs] Just kidding. We really want to create an episode that was group-centered and where everyone can be together. The group gets invited to a big fancy party and it's sort of all of them at this party together ... and I sort of can't say more than that.



Are you post menopausal and looking to lose weight?



Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.

Compensation up to \$200.00

Contact KGK Synergize Clinic: 519-858-8359 clinic@kgksynergize.com

KGKSynergize www.kgksynergize.com



metronews.ca Thursday, December 5, 2013 **SCENE**

Walker was finding his step as a father

Final interview. While promoting new film Hours, actor talked candidly about his own experiences with fatherhood

Before his death, Fast & Furious star Paul Walker was drawing parallels between his reallife role as dad to 15-year-old daughter Meadow and his part as an unexpected father to a newborn baby in the upcoming Hurricane Katrina drama

"I think it definitely helps to have a daughter, but I think if you're a human being and you have love in your heart, you're going to find connective fibers in this," Walker said in a Nov. 14 interview to promote the film. "There's definitely a purity and a truth to it."

Hours stars Walker and Genesis Rodriguez as a couple who



plays an expectant father. THE

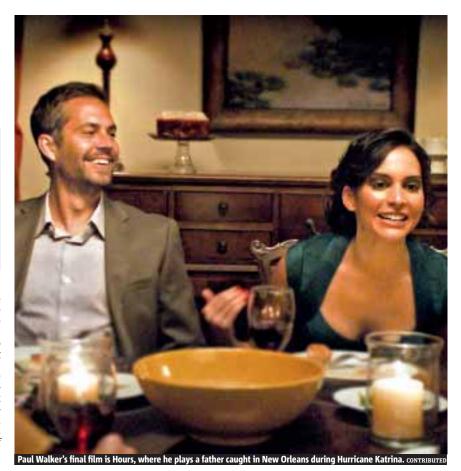
rush to a New Orleans hospital after Rodriguez's character goes into early labour. When the hurricane hits the city, Walker's character finds himself stranded in an evacuated hospital with his ailing newborn daughter.

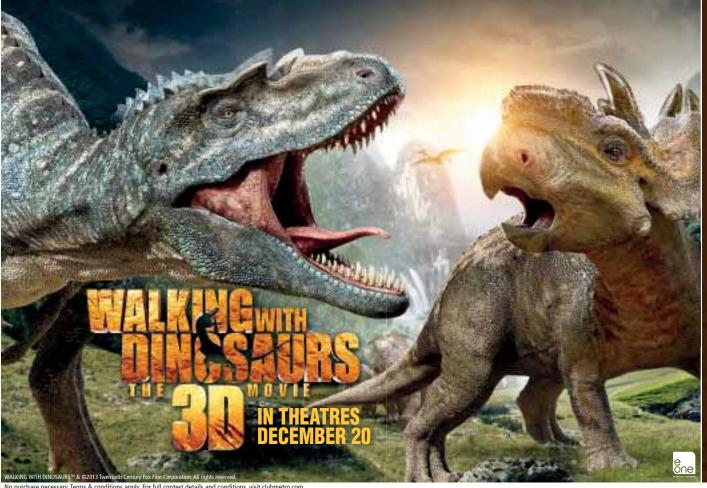
"My baby wasn't planned," Walker said. "I wasn't married, out of wedlock, the whole bit. (I was) finding my step with

Fast & Furious star Paul Walker was killed by impact and fire in a crash that occurred while he was a passenger in a Porsche driven by his friend, according to an autopsy released Wednesday. Results of toxicology testing will take another six to eight weeks.

it. I'm still finding my step. I think you always are. I'm five times the father that I was five years ago. Your head's more in it. Your heart's more in it. You can't force it. You want to be better at it, just something hasn't clicked yet.

Walker starred in all but one of the six Fast & Furious blockbusters. He had been on break from shooting the latest installment at the time of his death on Saturday; Universal Pictures has shut down production of Fast & Furious 7 indefinitely. THE ASSOCIATED PRESS







chase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.con

metr⊕ DISH







I don't believe it, I've just chipped my tooth while eating cold chocolate!



Let 2014 be the year u make a sculpture of you. You are a legend. Your self-invention matters. You are the artist of your own life.



@PamelaDAnderson I love tea. No more coffee for me.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay content for now to play with her boy toys

Lindsay Lohan reportedly turned heads at a New York nightclub recently when she cozied up to Michael Neeson, the 18-year-old son of actor Liam Neeson, according to Page Six. "Lindsay was seen leading him into the women's bathroom, hand inhand," a source says. "Lindsay seems to have a thing for younger men at

the moment." Lohan has also been linked in recent months to 19-year-old model Liam Dean, who apparently got to witness the whole thing. "The odd thing was that Dean was with them all night, even though Lindsay had been seeing him, too. Neeson's publicist denied the

The Word

Beyoncé and Jay-Z plant their feet for diet challenge

Jay-Z and Beyoncé are officially going vegan until Christmas, the rapper announced on his Life and Times blog. "Psychologists have said it takes 21 days to make or break a habit. On

the 22nd day, you've found the way," he wrote. "One day before my 44th birthday, I will embark on a 22 Days challenge to go completely vegan, or as I prefer to call it, plant-based." He also confirmed that Beyoncé "is also joining me" on his "spiritual and physical cleanse" of sorts. "I don't know what happens after Christmas,' he admitted. "A semi-vegan, a full plant-based diet? Or just a spiritual and physical challenge? We'll see.

There's a reason that Thor kiss was so passionate

If the lip-lock between Chris Hemsworth and Natalie Portman at the very end of Thor: The Dark World seems awfully intense, that's because it wasn't actually Portman. The Oscar-winning actress tells the New York Daily News that Hemsworth's wife, Elsa Pataky, donned

a wig and filled in for Portman for the scene. "It was for re-shoots, and he was working in Hong Kong and I couldn't get there because I was working on my own film," Portman explains. "And so they put his wife in my wig and costume. That's why it was so passionate."



Daley's boyfriend isn't just anyone, you know

British Olympic diver Tom Daley announced this week that he has been dating a man for most of this year, but it

turns out

isn't just

Daley

any man.

winning screenwriter Dustin Lance Black, according to E! News. The pair was spotted grabbing coffee together in L.A. in October. Black, who won his Academy Award for his script for Milk, is set to

is reportedly dating Oscar-

direct his next film, The Statistical Probability of Love at First Sight, next spring in London, coincidentally.

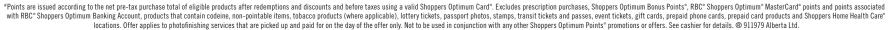


THE SHOPPERS OPTIMUM POINTS®

WHEN YOU SPEND \$75 OR **MORE ON ALMOST ANYTHING** IN THE STORE.*







Entrepreneur and a gentleman

Paul Smith speaks.

The avuncular 67-year-old combines the eager to please affability of a local shopkeeper with the corporate know-how of a global empire proprietor

RICHARD PECKETT

Metro World Ne

Paul Smith is flitting between an official photographer and a gaggle of student iPhone snaparazzi at a new exhibition, Hello, My Name Is Paul Smith, at the Design Museum in London.

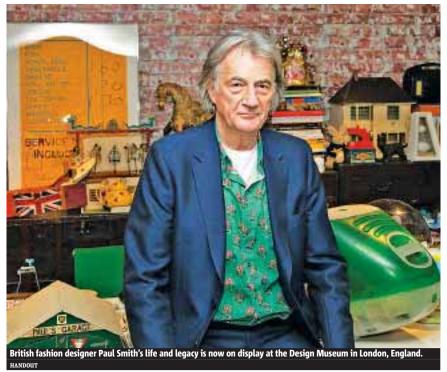
Sir Paul — a title he almost declined — excels at being a man of the people (politicians, take heed). While I'm waiting for my interview, groupies swarm to a gracious welcome — gosh, even toddlers get a hug.

The designer eschews the pretension of high fashion for humanism, a style that's clear in the exhibition's homely curation: fine art pieces flank knick-knacks from fans. Just don't call it a retrospective: "I've got enough stuff for four or five separate exhibitions," he admits.

When was the last time you wore something that wasn't designed by you?

[Laughs] 18. Although, if I'm on holiday and it's suddenly cold and I haven't got a sweater, I might buy a classic cashmere or something.

Do you feel guilty wearing other designers?



Closet caper

"I just like my stuff. I steal it from downstairs; I nick it from the shops."

aul Smith

No, I just like my stuff. I steal it from downstairs; I nick it from the shops.

They're trying to find the samples...

... And I'm the one who has got them all.

You mentioned before that there is a level of pretentiousness and rudeness within the industry. You'd

expect young people to put in the hard graft and work their way up. How do you feel about unpaid internshins?

We've never encouraged unpaid internships. We get three, four, five requests a week for work placements. The best we can do these days is say, "Why don't you come for an afternoon or day?"

So you don't let people do weeks at a time?

No, no.

How do you feel about other designers doing that kind of thing?

Well, I think there is a history of it that goes back 20

or 30 years. When people are starting out, it's supposed to be an honour to work but I'm not really sure about that.

Did you ever want to be famous?

No. In this environment here, you expect people to know who you are, but when I walk down the street luckily I'm not a famous face, so thank goodness for that.

I noticed when I walked into the exhibition that your first shop was tiny. It's like a changing room.

I know. It was meant to be a shop! There was a curtain at the top of some stairs to a tiny changing room. The point of that exhibit is to show that you can start in a way that is considered very humble and then you can grow...

You're not keen on email and computers in general. Do you think that being immersed in technology kills the creative side?

Personally, I'm not into it but I understand it. If you walk outside my room in Covent Garden there are four young ladies that help me: the PA and secretaries get about 600 emails a day, so I'm very IT savvy, as is the whole company. Personally I find that the use of my own eyes, my photography, my notes, works for me – but each to their own. It's about balance.

You said before of the runway, "It's £500,000 on 14 minutes." Does it seem a bit ridiculous?

Absolutely. Unfortunately, it's very much part of the process. A lot of the younger designers — and this is another reason for making this exhibition so down to earth — think that's what it's about: a fashion show and about twenty shops or whatever. Actually, it's only a tiny part of the process. Even if you have the best fashion show in the world but you don't make the clothes beautifully at the correct price and deliver on time and get paid, then it's all a bit of a waste of time.

Would you prefer to do a small salon show?

I would love to do a small salon show again. I used to: my first showroom was in a bedroom and my first show was in my friend's apartment in Paris.

Twitter



JEANNE SPACE Jeanne Beker life@metronews.ca TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, TO LOVE TO HEAR FROM YOU.





Canadian street style

Spotted in: Vancouver

Name: Sophie
Age: 41
Occupation: TV
production manager

What she's wearing

Jacket from Zara, denim vest from H&M, sweater from Gap, bag from Red Flag Design (local), scarf is gifted, jeans from Topshop, sunglasses from Arc Clothing, boots from Gravity Pope.

Her inspiration

"My style is casual and on-the-go. I like versatility in my outfit — something I can wear to the office and go on a night out after."

THE KIT IS A MULTI-PLATFORM BEAUTY
AND FASHION BRAND WHICH INCLUDES AN
INTERACTIVE MAGAZINE AND DYNAMIC APP,
A WEBSITE, KIT CHAT — AN E-NEWSLETTER
PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

metr⊕ metronews.ca Thursday, December 5, 2013

Crab and Ricotta Mousse: 'Tis the season for creative appetizer ideas

Looking for a classy appetizer idea to whet your guests' pal-

- 2 tbsp (30 ml) lime juice
- 1 envelope unflavoured gelatin
- 2 tbsp (30 ml) boiling water
- 2 stalks of celery, coarsely chopped
- 1/4 cup (60 ml) fresh parsley leaves
- 2 tbsp (30 ml) fresh cilantro leaves
- 1 green onion, coarsely chopped
- 1 tsp (5 ml) lime zest
- 8 oz (225 g) crabmeat, drained, divided
- 1/4-1/2 tsp (1-2 ml) smoked paprika, mild or spicy
- 10 oz (300 g) Quality Cheese Ricotta
- · Salt and freshly ground pepper
- 1/4 cup (60 ml) panko bread crumbs
- Cilantro

ates? Try this Crab and Ricotta Mousse, which is equally delicious with shrimp instead of crab. The mousse can also be moulded in a terrine and served sliced.

- 1. Pour lime juice into a small bowl and sprinkle with gelatin. Let stand 5 minutes to soften, then add 2 tbsp (30 ml) boiling water to dissolve
- 2. Place celery, parsley, cilantro, green onion and lime zest in a food processor. Process until finely chopped.
- 3. Add half the crabmeat, the paprika and Ricotta. Process until well combined, add gelatin and season with salt and pepper.
- **4.** To mould the mousse, use a muffin pan or individual moulds (ramekins). Line inside of moulds with plastic wrap or parchment paper to make unmoulding easier.



5. Pour mousse into moulds. Cover loosely and refrigerate until set, about 2 hours.

6. To unmould muffin pan,

invert over a baking sheet, remove plastic wrap and place on plates. To unmould ramekins, invert each over plates and remove plastic wrap.

7. Garnish with remaining crab, panko bread crumbs and cilantro. DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/

For your phone

Great British Chefs Kids Christmas (iPad/iPhone; free)



MIND THE Kris Abel @RealKrisAbel

Show your elves how to share through holiday cooking with these kid-friendly festive recipes curated by British chefs that include gingerbread animals, risotto faces, turkey meatballs and Christmas eclair trees.



Good things come in mini packages — and sandwiches

1. Cut baguette crosswise into 40 equal slices. Arrange on parchment-lined baking sheet. Brush the top of each slice with mustard. Top half of the slices with a slice of Emmental, a piece of ham and another slice of Emmental. Place the remaining baguette slices, mustard side down, on top.

2. In medium bowl, whisk together eggs, milk, salt, pepper and nutmeg.

3. In nonstick frying pan, melt half of butter over medium heat. Working with few sandwiches at a time, place in egg mix until they have soaked up a bit of it. Flip over to let them soak other side. Place sandwich-

Gallbladder Study for Females!!!

We are conducting a clinical study for an investigational natrual health product on gallbladder function in women.



Do you experience stomach discomfort after eating fatty or

Does the discomfort happen 30-120 min after every meal?

If you are a female age 40-75yrs and you answered yes to any of the above, you may qualify for our gallbladder study.

Contact KGK Synergize Clinic: 519-858-8359

clinic@kgksynergize.com www.kakclinic.com

Call now to see if you qualify Compensation up to \$225.00

es in hot pan. Continue to soak and add sandwiches to hot pan until half of the sandwiches are in pan. Cook 4 minutes per side or until golden and crisp and

cheese is melted. Transfer to platter; cover loosely with foil. Repeat with remaining butter and sandwiches.

- 1 baguette (350 g), ends cut off and discarded
- 1/4 cup (50 ml) Dijon mustard
- 1 pkg (120 g) PC French Emmental Slices, cut in forty 2 X 1-1/2-inch (5 X 4 cm) rectangular slices
- 5 oz (150 g) roasted ham, cut in twenty 2 X 1-1/2-inch (5 X 4

cm) rectangular pieces

- 4 eggs 1/2 cup (125 ml) whole milk
- . 3/4 tsp (4 ml) salt
- 1/2 tsp (2 ml) freshly ground black pepper
- 1/8 tsp (0.5 ml) ground nutmeg
- 1/4 cup (50 ml) unsalted butter

App. Turkey and Brie **Puff Pastry Bites**



1. Preheat oven to 425 F (220 C). Place puff pastry on work surface. Roll pastry out in one direction to form rectangle; cut into 24 pieces. Press each piece into the cups of a 24-cup mini muffin pan, allowing some overhang. Freeze 10 minutes.

2. In small bowl, stir together turkey and mayonnaise. Remove muffin pan from freezer; divide turkey mixture among the cups. Top each with a piece of Brie, pressing down slightly.

3. Bake in centre of oven for 20 to 22 minutes or until pastry is golden on bottom and cheese is melted and starting to brown.

4. Meanwhile, in small bowl,

stir together Dijon and honey. Transfer pastry bites to a long platter; drizzle Dijon mixture over top and garnish with pars-

NEWS CANADA/ PRESIDENT'S CHOICE

Ingredients

- 1/2 PC Butter Puff Pastry,
- thawed but still cold • 5 oz (150 g) roast turkey breast, finely diced
- 3 tbsp (45 ml) mayonnaise
- 1 pkg (200 g) PC Double Cream Brie, rind removed and cheese cut into 24 equal pieces
- 2 tbsp (25 ml) Dijon mustard
- 1 tbsp (15 ml) honey
- 24 fresh parsley leaves

Pining for the scent of a holiday tree

Nothing smells better than when a fresh-cut tree arrives in the house for the holiday season. Sadly, the scent quickly disappears, but there are a variety of ways to re-create it. If you're using an artificial tree this year, you'll want to pick up one (or two) home fragrance options. By layering a few of these, you'll transport yourself into a winter forest. I've sniffed and tested many of the options, and here are the winners.



Getting the most out of your home fragrances

- Layer the scent of fresh-cut trees by using a variety of brands and applications. That will create a realistic fragrance throughout the house.
- Dab fragrance oils in discreet places, such as on felt tree ornaments, inside a bathroom tissue roll or on cotton swabs stored in closets.
- Place a diffuser near an air-intake vent so as to distribute the scent throughout the entire house.





Best fragrance oil

Oils can be dabbed anywhere around the house for a subtle scent. Crabtree & Evelyn Home Fragrance Oil, Windsor Forest scent, \$9, crabtree-evelyn.ca.



Best candle

The royal family of scented candles, infused with rich oils. Diptyque candle in glass, Pine Bark scent, \$75, Holt Renfrew.

Best wax melts

with all of the warm-wax smell. Glade Wax Melts Warmer; \$12, Sparkling Spruce scented Wax Melts, \$3, glade.com.



Best air spray

Keep a can near the front door and spritz just before guests arrive. Thymes Home Fragrance Mist, Frasier Fir scent, \$18, thymes.com.



Best reeded diffuser

Place diffusers in open areas like foyers or the corner of the living room. Fruits & Passion Decorative Diffuser Set, Boreal Fir scent, \$28.50, fruitspassion.ca.



Are you overpaying for your gas & hydro because of an aging heating & cooling system in your home?

- Did you know that as much as 60% of your home's energy use goes towards heating & cooling your home?
- This is according to the Ontario Power authority
- Many people avoid replcing their system out of concern for the cost of replacing it.
- With Reliance's rental program your investment is minimal for a both a furnace and air conditioner See the example.



MONTHLY INVESTMENT MONTHLY SAVINGS AVERAGE MONTHLY RENTAL OF NEW FURNACE & A/C \$139.99 \$25.00 POTENTIAL MONTHLY SAVINGS ON NATURAL GAS \$25.00 POTENTIAL MONTHLY SAVINGS ON ELECTRICITY \$54.17 POTENTIAL REBATES (\$650/12 MONTHS) \$104.17 \$139.99

Call me today to see if you qualify for the reliance rental program.



Andrew Joiner Residential Sales Manager 1045 Hargrieve road, Unit A

Tel: 519 686-0940 Cell: 226-236-8343 London, ON | ajoiner@reliancecomfort.com



Season's Greetings

Sober Driving Leads to Happy Holidays



www.maddlondon.com



preciate designated drivers

For those who love to entertain, the holidays are a much anticipated opportunity to be the gracious host of a great party. Inviting friends and family to a festive night out is a form of giving and a way to show we care.

But the tone can turn sour if the host suddenly has to play "the heavy" when a guest has had too much to drink, especially if that guest is planning to drive.

What does a caring host to do? One solution is to fill your guest list with designat-

As it is with many cir-

cumstances, prevention is the best remedy. Hosts who want to relax and worry less about consequences at their party can encourage guests ahead of time to volunteer as a designated driver.

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including the designated drivers, as

- Advance planning is key ask guests to volunteer well before the party.
- Let everyone know you will serve alcohol-free drinks.
- Ask those who plan to drink

to leave their vehicles at home.

- Remind volunteers that a designated driver abstains from alcohol.
- Keep the inconvenience to designated drivers to a minimum by matching them with passengers who live close to their home. Tell them you will ask someone else to take a turn driving next time.
- Personally thank designated drivers for helping to keep our roads safe.

Taking the time to show appreciation to those who volunteer is especially important. A recent research report by Ipsos Reid, commissioned by Budweiser (called Designated Driving: A New Generation Comes Of Age) underscores the fact that recognition of designated drivers is key to encouraging more people to take on the role. Among those surveyed adults of legal drinking age to 34 years old — the majority agreed that designated drivers don't get enough credit, and 85 per cent agreed that if designated drivers received more credit for what they do, more people would volunteer NEWS CANADA

Hosts. Ensuring safety of your guests

A lot of preparation goes into a memorable holiday party. It starts slowly with sending out invitations and dusting off the decorations days or weeks ahead of time, then gains speed from grocery shopping all the way through to placing the final sprig of parsley on the canapés.

After all the hustle and bustle, it's tempting to think the prep is over when the first guest arrives at the door, but seasoned hosts know the doorbell signals that the next round of planning is just beginning.

Here are a few tips to help hosts with the in-party planning:

- Offer alcohol-free drinks. • Recognize the signs of in-
- toxication in your guests

such as fast/slow/loud/slurred speech, the physical clumsiness or lack of alertness, tiredness, red eyes or heavy

Explore the options. Assign a sober companion to get the guest home safely. Call a friend or relative to pick up the guest, or provide them with money for a taxi.



Metro and its partners would like to wish you and your family a safe and happy holiday!

NBL Canada

Lightning blow past SkyHawks

The last time the Lightning and the SkyHawks were scheduled to meet, London got doused with more than 30 centimetres of snow and the game was cancelled.

On Wednesday evening, the blizzard was on the basketball court in Ottawa, where the Lightning (8-2) got off to a slow start before storming back for a 105-100 victory.

London trailed the SkyHawks (6-6) by 13 points less than five minutes into the game. Then the Lightning, with still only a single basket on the board, went to work, surging ahead with a 21-7 run, and taking a one-point lead — 23-22 at the end of the first frame.

The London snowstorm continued into the second, with the Lightning running and gunning to a nine-point lead, outscoring the Sky-Hawks 28-20 to take a 51-42 lead into the intermission.

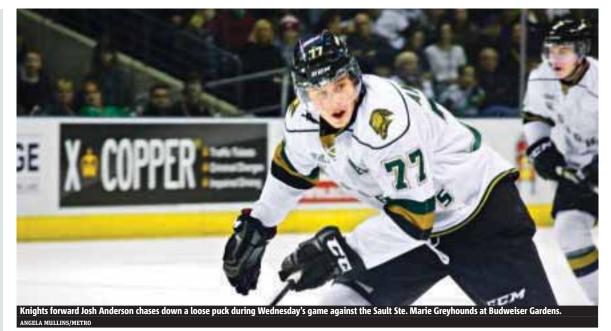
London forward Marvin Phillips did most of the damage, draining 16 of the Lightning's 28 points in the second quarter.

"Games aren't won in the first quarter," coach Micheal Ray Richardson

The Lightning play the Power in Mississauga on Thursday.

MIKE CARROCCETTO/FOR METRO





Teddy bears rain as Knights tame dogs

OHL. World junior talent on display on annual charity night



DAVE LANGFORD

The London Knights' rare Wednesday night game against the Sault Ste. Marie Greyhounds was chock full of storylines.

It was the first game for Knights goalie Anthony Stolarz since being selected earlier Wednesday to the U.S. world junior camp and he was outstanding in stopping 43 of 45 shots and was named the game's first star.

A full complement of NHL scouts were on hand to see



two of the top Ontario Hockey League teams. London's Rob Ramage and longtime NHL coach Dave King were among the group.

There was plenty of interest in the Knights' Bo Horvat and Josh Anderson, who were playing their first games since being invited to the Canadian junior camp Monday, and what Max Domi had to say about not being taken by the Hockey Canada brain trust (for the record, he was not talking).

When all was said and done it was Da Bears that stole the show as the Knights beat the Greyhounds 3-2 on the annual Teddy Bear toss night before 9,046 fans at Budweiser Gardens.

When the Knights' Ryan Rupert scored six minutes into the game, the bears came flying, leading to about a 13-minute delay that could have been longer if the Soo players, followed by the Knights and onice officials, had not broken tradition and helped gather the stuffed creatures.

Anderson was naturally thrilled with the news this week. It was all about "that

"It was unbelievable. You don't expect to get that call at the beginning of the year." Anderson said. "But after that Subway Super Series, I showed my stuff and they obviously liked it and so that call was an unbelievable experience to have."

Anderson, a power forward with a great skating ability, said he is looking forward to the challenge of the internationalsized ice (15 feet wider at 200-

"To be honest I kind of like bigger ice better," Anderson said. "You get to use your speed better as a winger. You can drive around the D better. Hitting will be a bit of challenge. You just have to time hits right."

Brett Welychka and Chris Tierney also scored for the Knights; David Miller and Jarred McCann scored for the Greyhounds. The Knights host the Windsor Spitfires Friday.

King Henrik. Goalie gets 7-year extension in N.Y.C.

Just two days after surprisingly watching from the bench for a second straight game, No. 1 goalie Henrik Lundqvist agreed to a long-term contract extension with the New York Rangers on Wednesday.

Lundqvist, in the final season of a six-year, \$41.25-million deal, agreed to a sevenyear contract reportedly worth \$59.5 million. His salary-cap charge would rise from \$6.875 million to \$8.5 million and make him the NHL's highest-paid goalie.

The 31-year-old native of Sweden is off to a slow start this season, especially by his standards, going 8-11 with a 2.51 goals-against average and a .917 save percentage in 20 games.

THE ASSOCIATED PRESS

Roar of the Rings

Martin, Jacobs remain unbeaten

There isn't much room at the top as Kevin Martin and Brad Jacobs continued to handle challenges with ease and remain unbeaten with 5-0 records at the Olympic Curling Trials in Winnipeg.

The tie for first will be broken Thursday, when Martin and Jacobs meet in the evening draw. THE CANADIAN PRESS

NFL. Steelers coach's sideline shuffle costly

Steelers coach Mike Tomlin's ill-timed two-step has cost him \$100,000 and could cost his team a pick in next year's

The league fined Tomlin \$100,000 on Wednesday for nearly colliding with Baltimore's Jacoby Jones during a kickoff return on Thanksgiving.

THE ASSOCIATED PRESS



METROPOLITAN DIVISION

Montreal

Tampa Bay

Toronto

Ottawa

Florida Buffalo

Pittsburgh

Washington

NY Rangers

New Jersey

Philadelphia

NY Islanders

Wednesday's results

Montreal at New Jersey

Philadelphia at Detroit

Phoenix at Calgary

San Jose 4 Toronto 2

Ottawa 4 Florida 2

Dallas 4 Chicago 3

Thursday's games All times Eastern

Phoenix 6 Edmonton 2

Vancouver 3 Nashville 1

Carolina 4 Washington 1

Columbus 1 Tampa Bay 0 Pittsburgh 3 NY Islanders 2 (OT)

Los Angeles 3 Anaheim 2 (SO)

Dallas at Toronto, 7 p.m. San Jose at Pittsburgh, 7 p.m.

NY Rangers at Buffalo, 7 p.m. Winnipeg at Florida, 7:30 p.m.

Boston at Montreal, 7:30 p.m.

Carolina at Nashville, 8 p.m.

Chicago at Minnesota, 8 p.m.

San Jose at Carolina, 7 p.m.

Minnesota at Columbus, 7 p.m.

Friday's games

Ottawa at Tampa Bay, 7:30 p.m.

NY Islanders at St. Louis, 8 p.m.

Colorado at Edmonton, 9:30 p.m.

Columbus

Carolina

GP W L OL GF GA Pt 27 18 7 2 75 55 38 28 16 9 3 76 59 35

GP W L OL GF GA Pt 29 19 9 1 89 66 39

83 82 30

61 57

78 73 35 76 67 33

77 77 31 82 92 26

48 85 14

61 67 27

79 27

65 26

7 16 5 6 20 2

28 14 11 3 28 11 13 4

28 14 12 2

28 11 12 5

11 12

28 11 14

28 8 15 5

12 13 2

WESTERN CONFERENCE

GP W L OL GF GA Pt 96 93 62 43 80 41 San Jose 27 19 30 18 Anaheim

29 18 7 4 27 16 7 4

27 16 7 4 30 15 10 5

26 9 13 4 70 93 22 29 9 18 2 75 101 20 Edmonton Note: 2 points for a win, 1 point for overtime loss

Detroit at New Jersey, 7 p.m. Anaheim at Chicago, 8 p.m. Colorado at Calgary, 9 p.m. Phoenix at Vancouver, 10 p.m.

SCORING LEADERS

Los Angeles

Phoenix

Calgary

Vancouver

SCOKING FEADERS									
	G	Α	Pt						
Crosby, Pgh	15	23	38						
Malkin, Pgh	7	30	37						
Kane, Chi	16	16	32						
Getzlaf, Ana	14	18	32						
Tavares, NYI	11	21	32						
Steen, StL	20	11	31						
Perry, Ana	16	15	31						
Ovechkin, Wash	21	9	30						
Zetterberg, Det	11	19	30						
Thornton, SJ	5	25	30						
Kunitz, Pgh	14	14	28						
Couture, SJ	10	18	28						
H. Sedin, Van	7	21	28						
Karlsson, Ott	7	20	27						
Ryan, Ott	14	12	26						
Wednesday's games not included									

76 62 40 91 86 36

80 78 35

Houston at Jacksonville, 8:25 p.m. Kansas City at Washington, 1 p.m. Minnesota at Baltimore, 1 p.m. Buffalo at Tampa Bay, 1 p.m. Oakland at N.Y. Jets, 1 p.m. Miami at Pittsburgh, 1 p.m. Cleveland at New England, 1 p.m. Indianapolis at Cincinnati, 1 p.m. Atlanta at Green Bay, 1 p.m. Detroit at Philadelphia, 1 p.m. Tennessee at Denver, 4:05 p.m. N.Y. Giants at San Diego, 4:25 p.m. Seattle at San Francisco, 4:25 p.m. St. Louis at Arizona, 4:25 p.m. Carolina at New Orleans, 8:30 p.m. Monday's game

Thursday's game — All times Easteri

Dallas at Chicago, 8:40 p.m.

NBA

Wednesday's results Denver at Cleveland L.A. Clippers at Atlanta Phoenix at Houston Detroit at Milwaukee Dallas at New Orleans Indiana at Utah San Antonio at Minnesota Oklahoma City at Portland Tuesday's results

Philadelphia 126 Orlando 125 (20T) Denver 111 Brooklyn 87 Boston 108 Milwaukee 100 Detroit 107 Miami 97 Memphis 110 Phoenix 91 Dallas 89 Charlotte 82

Dallas 89 Charlotte 82
Oklahoma City 97 Sacramento 95
Golden State 112 Toronto 103
Thursday's games — All times Eastern
New York at Brooklyn, 7 p.m.
L.A. Clippers at Memphis, 8 p.m.
Miami at Chicago, 9:30 p.m.

Friday's games Philadelphia at Charlotte, 7 p.m.

Milwaukee at Washington, 7 p.m. Denver at Boston, 7:30 p.m. Orlando at New York, 7:30 p.m. Cleveland at Atlanta, 7:30 p.m. Golden State at Houston, 8 n m Oklahoma City at New Orleans, 8 p.m. Toronto at Phoenix, 9 p.m. Utah at Portland, 10 p.m. L.A. Lakers at Sacramento, 10 p.m

Lights, camera, action: Leafs 24/7

Reality TV. HBO show started filming at Wednesday's practice

When 24/7: Road to the Winter Classic debuts later this month, viewers might find out what caused Phil Kessel to abruptly leave a practice because HBO cameras followed him to the locker-room.

What no one will see is what Toronto Maple Leafs goaltender James Reimer and coach Randy Carlyle were talking about on the ice, only because Carlyle turned off his microphone. And no one will hear what Mark Fraser would've yelled at James van Riemsdyk during a drill because the defenceman bit his tongue instead of making a

This is the new reality for the struggling Leafs as HBO's "24/7" cameras began filming them at practice Wednes-



day. Mired in a five-game losing streak, they'll try to turn things around with the spotlight brighter than ever.

"Guys are just going to kind of be themselves, but maybe in the back of their minds they'll want to provide a little bit more entertainment, too, and that might calm us down ease," Fraser said.

From injuries to a lack of discipline and a rough stretch on the penalty kill, the Leafs are dealing with a bevy of problems. They're also in the midst of a brutal segment of the schedule that continues Thursday when the Dallas Stars visit Air Canada Centre.

The documentation of a team in a tailspin probably isn't what former general manager Brian Burke wanted when he signed on for the Leafs to take part in the allaccess program. And even though captain Dion Phaneuf praised the production staff for staying out of the way in the infancy of this project, he knows there's nowhere to

"You're going to see a lot of stuff that would never get outside of this room because of the access they have," Phaneuf said. "When they say 24/7 access, that's what they got.'

THE CANADIAN PRESS

MLS PLAYOFFS

MLS CUP

Kansas City vs. Salt Lake, 4 p.m., EST

Saturday Dec. 7th @ 7pm



Sunday Dec. 8th @ 2pm



Presented by



lightningbasketball.ca



31

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

Horoscopes

T Aries March 21 - April 20

A friend you have not seen for a while will come back into your life today, tomorrow or over the weekend. This time, when you say farewell, promise to stay in touch — and mean it.

Taurus April 21 - May 21

What you focus your attention on today will seem more important than it is, so make sure you focus on positive things. Your mind is a powerful tool and can create happiness as easily as it creates sadness.

I Gemini May 22 - June 21

Partners and loved ones will be full of themselves today and you may find it hard to get a word in edgeways. Give the impression you are listening, even if your mind is far away.

9 Cancer

June 22 - July 23

You have much to do over the next 24 hours, so start early and don't expect to get home until late. When your head hits the pillow, put all the worries of the day behind you. Tomorrow will be as trying. Get some rest.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

Mercury, planet of communication and the mind, joins the Sun in the most creative area of your chart today. What does that mean? You must let the world know your achievements of which there are plenty.

W Virgo Aug. 24 - Sept. 23

Today

What happens today, tomorrow and over the weekend may look chaotic but if you cross your eyes slightly, you will see there is a pattern. Never doubt that your life is moving in the right direction.

△ Libra Sept. 24 - Oct. 23

The more you are on the move the today, the more likely it is you'll meet people who bring a smile to your face. What could be more important than that?

M Scorpio Oct. 24 - Nov. 22

You will, as usual, get your way today and you will, as usual, win whatever battle of words and wits you are involved in. But, just because you win does not mean you are right.

プ Sagittarius Nov. 23 - Dec. 21

If you are not doing so already, you should be making big plans. Cosmic activity in your birth sign indicates that the more things you start the more you will accomplish and the more fun you will have.

り Capricorn Dec. 22 - Jan. 20

It may seem as if you are being held back by circumstances beyond your control but is that true? The planets indicate it's likely that you're putting mental obstacles in your path that have no reason being there.

Jan. 21 - Feb. 19

Friendships and social activities are under excellent stars but why wait for other people to make things happen? Get out and make them happen yourself. A sense of adventure will take you a long way.

H Pisces Feb. 20 - March 20

Someone in a position of authority will praise you for a job well done and your confidence will go through the roof. But don't get sloppy. The reason you did such a good job was because you planned and worked hard. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Supreme god of Greek myth 5. Actress Cameron 9. Snail's trail 14. Once

15. "Why, honoured!" 16. Hermit 17. "Canada AM"

viewing time 19. Hockey game instrument

20. Harsh 21. City on Lake Ontario between Hamilton and Toronto

23. Dadaist Jean

24. Top notcher

27. Simplicity 28. Winter shoveller's side-of-driveway creation

30. Obi-__ Kenobi 33. Diminutive data

36. CD part, variantly 37. Q. "__ '__' a song?" A. "Yes." ' a U2

39. Regina-born actor Leslie 41. It's helpful in mak-

ing a comparison 43. Military trainee 44. 19th-century Danish composer,

Niels 46. Prefix meaning 'Thought' 47. 'Verb' suffix

(Wordy) 48. Not a good fit 51. Uncommon, in Latin

53. Writer Roald

54. Directions provider 57. China's biggest

city 60. Depart 62. "Rolie __ Olie"

63. Toronto transport 66. For see (Open for the public) 67. Promissory notes

68. Stylish 69. Ancient civil-

ization of Central America 70. Family

71. Sacred

Down 1. Z as in 2. Mistake

3. Consume completely: 2 wds. 4. Pre-wedding event

45

5. "Who cares?" = "What's the __?" 6. Ms. Lupino

7. Does sponge work 8. Catherine __-Jones 9. European country

example 13. Coastal bird [var. sp.] where Bratislava is 18. Genghis __ (Mon-

1 1 7

the capital

Singer

Calgary

10. Loughlin and

11. Artsy area of

12. Lunch, for

gol emperor) 22. Mattel guy

25. Encrypt 26. "Dallas" family,

The

28. Exclusive

29. Evangeline's home

31. Ms. Jolie, to pals

32. Single-named singer with a hyphen

in his name

33. Sudbury landmark, __ Superstack 34. Ms. Vardalos, and

others 35. __-funded agency 38. Dropped in stand-

ings 40. Primitive fish

42. Belgium neighbour, for short

45. Michael Fer-

guson, __ General of Canada

49. "Uh-uh." 50. She, in Sherbrooke

52. "West Side Story" (1961) character

54. Manly 55. Help

56. "When a Man Loves a Woman" by

Sledge 57. Meat-in-a-can 58. Greeting in

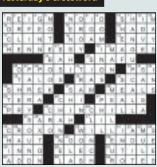
Granada! 59. "Be that ____

may..." 61. Engrave

64. Ms. McClanahan

65. 'Legal' suffix (Lawyer-speak)

6 0 0



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3	4	8	6	1	7	9	2	5
6	0	1	4	9	2	7	3	8
7	9	2	3	8	5	6	1	4
8	3	5	7.	8	9	2	4	1
6	2	4	8	5	1	3	9	7
9	1	7	2	4	3	8	5	6
2	7	6	1	3	4	6	8	9
4	5	3	9	7	8	1	6	2
1	11	9	5	2	6	4	7	3

	1	4	/		ь	8	2	
3	8						6	4
		9	3		1	5		
	7			4			3	
		2	5		8	9		
8	6						1	3
	9	3	8		2	7	5	

10"/-4"

Showers



Your #1 weather forecast now available in HD. D'aver proy blook insings for alreads. OD THE HO

TWN incorporates MSC data

visit metronews.ca







(DECEMBER 5)



100 BONUS AIR MILES® reward miles*

Valid December 5, 2013

GREY GOOSE VODKA 1.75 L BOTTLE \$108.95

604868 1750 mL

GREY GOOSE

VODKA

DISTRICTED AND NOTICED DISTRICTED AND INCIDENCE TRACES.

FRANCE

IMPORTED/IMPORTED

48 at. m.

131

*Price subject to change without notice. While supplies last.

® TM Trademarks of AIR MILES International Trading B.V.

<u>Used under license by LoyaltyOne, Co. and LCBO.</u>

PLEASE DRINK RESPONSIBLY

